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United States Department of Agriculture
Agricultural Marketing Administration
Washington, D. C.

For use Sept. 28
thru Oct. 10, 1942

VICTORY FOOD SPECIAL

CABBAGE [2]

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U. S. Department of Agriculture

1st Voice -- Have you heard the news that's going around?

2nd Voice -- You mean about cabbage?

1st Voice -- Yes indeed. It's a Victory Food Special from September 28th
through October 10th.

2nd Voice -- Well good! Cabbage is a real food.

1st Voice -- What's so unusual about cabbage? I think it's a pretty common
vegetable.

2nd Voice -- It is. Americans eat more cabbage than any other vegetable -
except potatoes. And it's one of the healthiest foods we
can eat.

1st Voice -- Really?

2nd Voice -- Uh-huh. It doesn't just have a good supply of calcium and
iron. --oh no! Cabbage is an excellent source of vitamins
A, B complex and C, too. These minerals and vitamins help
build sturdy bodies and good steady nerves, you know.

1st Voice -- I agree with you, then. Cabbage is a real food. The peak
of supply will be between September 28th and October 10th.
And, believe me, I'll eat lots of cabbage then - and all
fall, too.

(over)

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VICTORY FOOD SPECIAL

CABBAGE

1st Voice -- What's cooking -- chicken?

2nd Voice -- Wrong. It's cabbage. Cabbage is a VICTORY FOOD SPECIAL from September 28th through October 10th. Thrifty homemakers will be serving it often this fall. But they won't all be cooking cabbage.

1st Voice -- I hope not. Cabbage makes good salads. It's a dressed-up way to serve cabbage.

2nd Voice -- But give me that plain, old stand-by -- sauerkraut. It's a dish that lends an earthy atmosphere to meals.

1st Voice -- But I heard there won't be much sauerkraut this fall. There isn't any tin for sauerkraut cans.

2nd Voice -- That's true. But sauerkraut is easy to make at home. Homemakers with an eye to the future will be putting up their own supply. All you have to do is to shred your cabbage and add salt. The salt draws out the natural juice and then the fermentation starts. After the kraut has ripened for a month or six weeks, it is ready to serve.

1st Voice -- You've talked me into it. I'm off to the grocery store for some cabbage.

(over)